

THE HARVEST

MACDONALD COLLEGE

NOVEMBER 1987

STE ANNE DE BELLEVUE

QUEBEC

Why fuel air explosions are such a blast:

or the Politics of Research at McGill

by Peter S. Tarasoff

"Fuel Air Explosion research at McGill? Hmmm...haven't I heard about that some time last year? Didn't somebody's platform in running for a position on Student's Council refer to this?" This may be what you wondered upon reading the title above. In fact, part of my platform was that "I would like to put a stop to fuel-air explosion research at McGill". An ardent yet naive statement on my part, based on, I must admit, articles in the McGill Daily.

Subsequently, I have read the "Report of the Joint Board-Senate Committee on Research Contracts sponsored by

Military Agencies", discussed the issue, and read further articles in both the McGill Tribune and the McGill Daily, more critically this time. Being able to see both sides of the problem has reshaped my convictions. This is my problem.

If it comes to a vote or presentation, I may have to represent the viewpoint contained in my platform (which, I believe, the students of Macdonald College approved of, hence mandated, by electing me), although I may not agree with it personally. This is one reason why this article has been written.

In case you've been out in limbo or at Macdonald College,

Fuel Air Explosives (FAE's) are clouds of aerosolized fuel which, when detonated, can have particularly nasty effects on people.

Although destructive as weapons, their effectiveness has been limited by existing dispersion and ignition technology. Lasers are one possible means of ignition. Jane's Defence Weekly has compared laser-imitated FAE's with small nuclear devices.

This is where McGill comes in. Professors Lee and Knystautas of the Department of Mechanical Engineering have been working on two Department of National Defense research contracts dealing with FAE's.

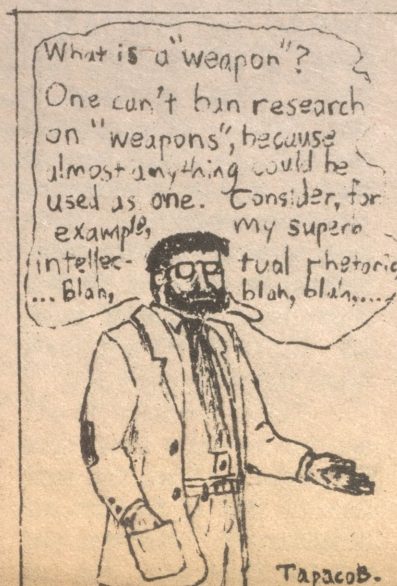
Although a mine-clearing device of such presumable great effect would be intended for ostensibly non-lethal activity, these would be little to stop soldiers in the field from using it for ends more destructive to human life.

The only similar example I can think of was a certain employment of demolition charges in Italy during the Second World War. While fighting each other at close quarters in a Italian city, the name of which escapes me, both Germans and Canadians used demolition charges to booby-trap houses.

Here was a device which, although not designed as a weapon, was used as such. I think that in desperation, a potentially effective weapon will not be easily passed over, no matter what its designation is.

Second, I might add that the Canadian government conveniently subscribing to the view of the postulated device as

see FAE's page 8



THE INDEFATIGABLE SEMANTICIST

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The stock market & agriculture

by Cesareo Giraldez

For the last couple of weeks the crash suffered by the world's stock markets has created uncertainty and in some cases, even panic. Since the 1982 recession, which was by far the worst since the 1930's, share prices have steadily gone up. This climb in the world's stock markets reached its peak in the second half of 1987. Then on October 19th, now called Black Monday, the stock market collapsed, with the Dow Jones industrial average falling by 22.6%.

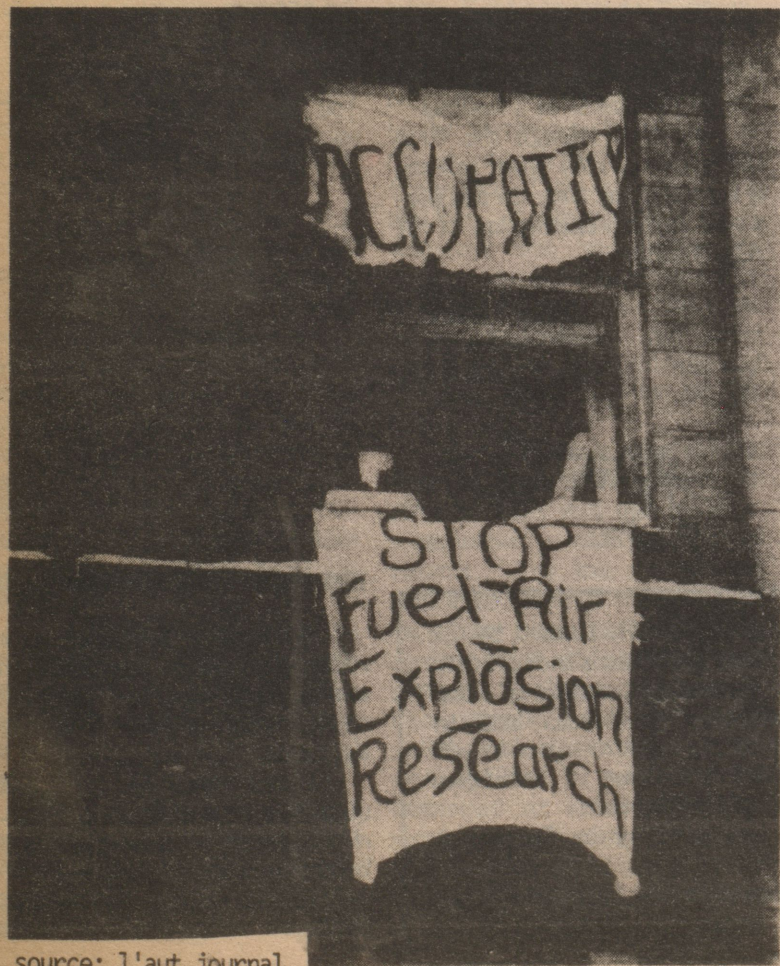
In an interview with Dr. Osama Al-Zand of the Agricultural Economics Department, some of the questions concerning the fall of the stock market were dealt with:

Q: What are the causes for the fall in the stock market? Who is responsible?

A: If we knew that we could correct it. The stock market is a confidence barometer of business activities. People put money in stock in anticipation of profit. So, excessive amounts of uncertainty about the future caused stock markets to behave the way they did.

There is really a combination of factors contributing to this status of uncertainty. Perhaps one of the major causes is the U.S. deficit. The U.S. economy has huge budgets, deficits and trade deficits. The uncertainty of what the U.S. government is going to be doing to be rid of this deficit and whether the government is serious about eliminating the deficit, is causing the excessive amount of uncertainty.

see Market page 8



source: l'aut journal

Editorial

If the idea of a radio station that not only plays the newest in music but also broadcasts topics of interest to students, sounds good to you, then CKUT is what you've been waiting for.

Radio McGill/CKUT is about to go FM.

The debut has been delayed by a few weeks because of necessary testing by the Department of Communications and the Ministry of Transport, these tests are to determine whether the added radio-spectrum activity will interfere with the landing systems used in the area's airports.

Don Rossiter, program coordinator for Radio McGill expects the show to be on the air by the second week in November. Broadcasting at 90.3 MHz on the FM band with 5700 watts, CKUT will be able to be heard as far away as the States on a clear day.

Now the excitement of an expanded audience has reached Macdonald College; Radio McGill has allocated a half an hour time slot to let the college broadcast its own show. The thirty minutes of air time has been tentatively scheduled for a weekday morning, with the possibility of more time if Macdonald has the material to warrant a whole hour on the waves. Content would be mainly spoken word interspersed with some music; though the format of the show would be up to the students at Macdonald who will be coordinating the show.

Student Council discussed the matter at their Monday morning meeting with the suggestion of forming a

committee for the Macdonald segment of the show, any interested student can join the committee.

Since a live show would mean a very early morning for the broadcasters, the radio station has several studios so that a pre-recorded show can be used instead. Don Rossiter commented that the distance between Macdonald College and CKUT studios on McTavish downtown was a definite problem; most likely Stan Asher, a broadcasting and radio science professor at John Abbott College would be able to lend a helping hand as well as a recording studio to Macdonald students right on the Ste. Anne campus. Pr Asher is already producing a couple of shows for Radio McGill and sends tapes downtown regularly.

Since the scene is all set for a radio show from Macdonald College, the next crucial step is to form the broadcasting committee and get the first show out as soon as possible. All students interested in writing, producing and broadcasting for the college should see Mrs. Brown at Student's Society on the second floor of Harrison House right now.

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Lisa Jane Callow



photo by Robert Jean

A GOOD QUESTION

*Q: Can insects transmit AIDS?
signed, worried student*

American scientists have confirmed that mosquitoes fed on a meal of blood containing the human immunodeficiency virus (HIV) do retain the virus in their digestive tract for a short time. But experts emphasise that there is no evidence and little likelihood that these insects could transfer the virus.

Thomas Monath, a virologist at the Centres for Disease Control has infected bedbugs with HIV, but it seems to reside only in the blood from the host that remains on the insects mouthparts or in its gut.

Two other viruses of the Family Retroviridae, of which HIV is a member, can be passed on in this manner - equine infectious anaemia and bovine leukaemia. However, in these latter two examples, the virus content of the donor blood is extremely high and to transmit disease the blood must contain over 1,000,000 virus particles per millilitre of blood. Blood from AIDS patients usually contains less than 10 viral par-

ticles per millilitre.

Considering the fact that a bedbug can transfer mechanically only about one fifteen thousandth of a millilitre, it would take many thousands of feedings by an individual insect from an infected person to infect someone.

Monath points out that among healthcare workers who have stabbed themselves with a contaminated needle only about 3 in 1000 became infected. He calculates that the volume of blood on the needle is about 140 times that which may be found on the proboscis of a bedbug.

So even though the virus has been isolated from insects, it appears that they do not play a role in the transmission of the AIDS virus.

Robert Hannon
Graduate student
Parasitology



*Dear Good Question:
Are pigs ruminants?*

No, pigs are not ruminants. Ruminants are even-toed ungulates whose digestive system includes several stomachs, the first of which is the rumen. In your letter, you mentioned that pigs and sheep are not good experimental models for humans because of the fact that they are ruminants. You must have meant cows and sheep.

N.B. Other ruminants include deer, camels and giraffes.

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Lisa Jane Callow
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Contributors: Carla Abbateamarco, Angela Argyracopoulou, Pierre Chapdelaine, Peter Coughler, Cesario Giraldez, Bob Grier, Robert Hannon, Isabelle Jacob, Clérance Kimanyi, Red, Greta Sewell, Peter Tarassoff.
Regrets to Mike Boyle and Vivian Krause for not being acknowledged last issue.

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The **Harvest** is located in the basement of Harrison House turn right at the pool table

A **Good Question** is a regular feature designed to answer any queries students might have in the fields of agriculture and nutrition.

Please address all good questions to the **Harvest**, Harrison House at least one week before deadline for articles.

Entries under 30 words please.

Job Hunting can be successful with an excellent résumé

by Angela Argyracopoulou

Preparing a proper résumé is the first critical step in the job hunting process. Take the time to make yours a successful marketing tool. Concern yourself with its format and visual impact in addition to its content.

The résumé should provide the reader with all the information obtained through a standard application form. The résumé should include the following: 1) a personal history 2) a summary of your educational background, employment, extra-curricular activities and individual achievements 3) highlights of your accomplishments and 4) demonstration of writing and organizational skills.

The first step in preparing a résumé is a self-assessment. To make this easy you can just answer the following questions:

- 1) In what type of atmosphere of environment do you feel most comfortable? (inside or outside work, office or factory, group or individual).
- 2) Do you prefer working with people, data, or things?
- 3) What kinds of things have you succeeded in doing in all phases of your life? (paid work, volunteer and leisure activities).
- 4) What skills have you developed? (communication skills, analytical skills, research skills).
- 5) What activities or interests do you enjoy most and how can you incorporate some of these into viable work alternatives?
- 6) What kind of things do you dislike doing?

The second step in preparing a résumé is to include its five components which are:

- 1) education
- 2) work experience
- 3) activities and interests
- 4) references

5) career aims and goals

The characteristics of each of these are the following:

Education:

- 1) The name of the institution
- 2) The period of attendance or date of graduation
- 3) Degree attained

Work experience:

- 1) Name and location of employer
- 2) Title of position
- 3) Period of employment
- 4) summary of duties performed, level of responsibility, and skill acquired.

Activities and Interests:

- 1) clubs or professional organizations
- 2) campus activities
- 3) volunteer work
- 4) hobbies and sports

References:

- 1) name
- 2) position
- 3) business address and telephone

You should have at least three

references, two of which should come from either an academic instructor, previous employer, or a long time friend. Before listing a reference name, you must get permission from that person.

Career aims and Goals:

1) This should be a brief statement, which summarizes the direction you hope to take in your career.

2) This part can be included in the covering letter.

A covering letter is a letter which formally introduces you to the employer. It should be tailored to the job for which you are applying, and should be only one page in length. The covering letter should include the following: 1) an indication of the kind of job for which you are applying, 2) an indication of your knowledge of the company, its general policies etc. 3) highlights particular aspects of your education, work ex-

perience, activities or personality 4) a request for an interview.

There are many styles of resumé to choose from, yet the format preferred by employers is called the Chronological Resumé. It is preferred because it lends itself to a quick assessment of what you have done to date. It lists education and work history in reverse chronological order, with the most recent activity first.

Now you are ready to begin your resumé, but always keep in mind the resumé don'ts: 1) Don't make your resumé too long or too short. 2) Don't make your resumé negative or apologetic. 3) Don't list the names and addresses of references unless confirmed. 4) Don't destroy a carefully planned resumé with poor format or sloppy reproduction, and 5) Don't send last year's resumé for this year's job.

Libre - marché: April Fool's?

by Nicole Leroux

Printemps dernier, lors du passage de Jacques Proulx président de l'U.P.A., deux idées sont clairement ressorties. Deux idées essentielles: d'une part, le Canada, et plus particulièrement le Québec, grâce à son auto-discipline possède un marché agricole stable, des prix à la consommation et à la production satisfaisants; d'autre part l'auto-suffisance alimentaire est essentielle à la bonne santé d'un pays.

L'autodiscipline amorcée il y a environ 20 ans voit aujourd'hui ses efforts porter fruit. L'imposition de quotas, par le biais de commissions de mise en marché, les sanctions et pénalités imposées, les standards de qualité eustaurées dans les années '60 permettaient de réduire les surplus, de régulariser les approvisionnements tout en évitant la mise en marché de produits de moindre qualité.

L'autosuffisance alimentaire, objectif vers lequel tendent plusieurs pays du tiers-monde et que le Canada ne peut se permettre de mettre en péril est dorénavant menacée.

Le traité de libre échange négocié entre le Canada et son voisin du sud possède supposément toutes les clauses protégeant nos politiques de con-

tingement et les standards de qualité déjà implantés. A court terme, nul doute qu'une telle entente est conclue, le Canada conservera ses structures établies.

Cependant, n'existe-t-il pas un risque potentiel qu'à long terme l'entente sur la "conservation des structures" disparaisse, qu'elle soit jugée périmée donc écartée?? Peut-on se permettre de prendre le risque de devenir un jour dépendant d'un autre pays en matière d'alimentation? Il semble que nos dirigeants désirent conclure une entente le plus rapidement possible, sans songer à l'impact que cette démarche pourrait avoir sur nos marchés dans 10, 15 ou 20 ans....

Ou vante les mérites et bien faits du libre-échange; et il est effectivement vrai que les consommateurs profiteront de cette entente. Les lois du marché sont ainsi faites qu'elles offriront un choix plus large, des prix moins élevés et peut-être une meilleure qualité des biens de consommation. Par ailleurs, les petits producteurs et les petites entreprises souffriront beaucoup de la libre concurrence. Ou dit que la compétition sera féroce, et que la survie du mieux adapté sera bénéfique à notre société, à notre

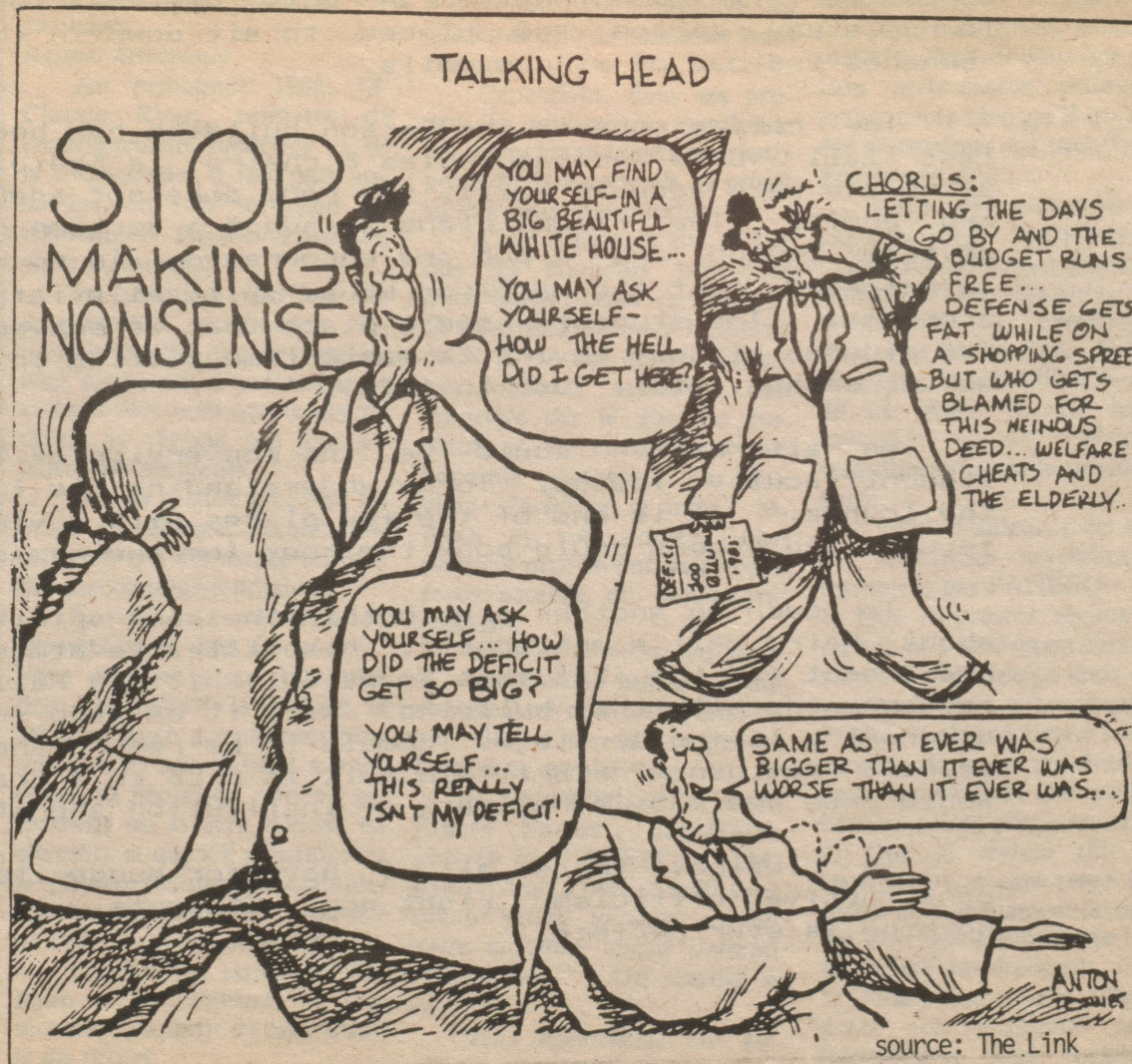
économie.

Réalise-t-on, par contre, que la disparition de milliers d'emplois accompagnera cette efficacité accrue? Sera-t-on obligés d'aller frapper à la porte

d'Oncle Sam pour en obtenir de nouveaux?

En définitive, il s'agit d'établir des priorités. Déterminer quels groupes notre société veut protéger et

favoriser. C'est une question de CHOIX....Mais à qui le choix est-il offert? Au gouvernement, ou au peuple? A vous de choisir....



source: The Link

Letters

Dear editor.

In view of some recent developments in the school we thought we would take this opportunity to publish the exchange of the letters we had last summer. The information in these abridged letters is as relevant today as it was a year ago. We hope you find them informative.

Dean Roger B. Buckland &
David Young Ag. Eng. U3

May 21, 1987

Dean R. B. Buckland
Macdonald College of McGill University

Dear sir,

Over the past few months I have had numerous conversations with many students and I thought some of the ideas put forth might be of interest to you.

One major frustration expressed by undergrads and grads alike is the shortage of student interaction areas in the Macdonald-Stewart Building complex. At Mac, the importance of conversation is downplayed. Conversational interaction between students of all Mac disciplines requires a space that is both of convenient proximity and of appropriate ambience. Irving Layton, a notable graduate of our school, recently spoke here. He recalled with fondness the raucous conversations he had on this campus. At that time the majority of students lived here and the campus was alive with its own rural-academic atmosphere. One of things Layton stressed during his talk was the importance of conversation in a student's life. If I quote him correctly he said "don't let university get in the way of a good education." Even on the back of the Macdonald calendar one reads "An invitation to live and learn." Too many students feel they are graduating from Mac having acquired a degree or diploma but did not expand their horizons noticeably nor did they gain the satisfaction of acquiring many non-academic memories. In short, the motto of the school falls short in the "live" department. An easy rebuttal to this is that the above situation is the student's fault. Looking around it appears that it is always the same students that get involved in extra-curricular activities. The truth is that these people generally already share a common denominator such as coming from the east coast, are in the same class, etc. I'm sure student participation and the school life quality would improve if students from all disciplines, let alone the same department, had an opportunity to develop a solid common base--to meet each other. This opportunity can only be realized in the form of more lounge/study spaces and places to sit down in the halls of the school--benches instead of window wells.

The coffee room in the Barton building has been improved somewhat over last fall (Cafe Macadam tables & chairs, a radio, campus picture and a microwave were added). Still, the room does not adequately serve the students and profs. The recent plans to adapt a section of Harrison House into a daytime lounge and a pub are encouraged. In no way though should it be interpreted that the Harrison House fully alleviates the school's structural problems. The students need a place that is convenient to drop in on for a few minutes without having to waste time putting on winter clothing, walking across campus, etc., just to relax.

An alternative could be the conversion of the faculty lounge to a student/faculty lounge. To my understanding the faculty members rarely use the lounge. It is one of the few places with a view and some sunlight. The faculty and others could book the room for the occasions required.

To touch on another area but in the same spirit students often complain about Laird Hall's antiseptic, hospital-like atmosphere. It wouldn't be so bad except for the fact that beautiful Brittain Hall is right next door. What is happening with that building? Will it be used for an old age home for Mac alumni? a living heritage. Could it be refurbished to once again be the student residence? Brittain Hall is rich in a tradition that has been and would once again be a hallmark of institution and student quality.

In closing, that's all I have for suggestions and what I hope are constructive criticisms right now. Students will always have complaints--nothing is ever perfect.

Yours truly,

David Young

La coopération canadienne en Afrique: originalité, efficacité

par Clearance Kimanyi

Aux lecteurs (trices)

Par cet article je voudrais seulement faire ressortir l'aspect 'fondamentalement' humaniste qu'a toujours semblé caractériser la coopération canadienne à la différence des plusieurs connues jusqu'alors.

Certes, elle est loin d'être parfaite, encore moins totalement désintéressée. La question d'argent à retirer finit toujours par émerger.

Aussi, devrais-je ajouter, le rôle joué par les Organismes Non-Gouvernementaux (ONG) est très important.

À César ce qui est à César, à Jésus ce qui lui revient, je n'offre pas des fleurs par cette article. Non, loin de moi cette tendre attitude.

Dans l'espoir que ce qui épousait va rencontrer votre corde de l'intérêt outre-mer, je ne puis vous souhaiter qu'une édifiante lecture.

Afrique on parle généralement deux langues: le français et l'anglais. Et c'est cette distinction, cette séparation qui va entraîner l'implication canadienne dans les deux Afriques. Il s'agit d'une implication graduelle. Elle est liée à la montée de l'indépendance, de la Révolution tranquille des années 60 au Québec francophone qui est en train de s'affirmer. À ce moment le Canada comme entité a besoin de se trouver une cause. Le développement en deviendra une car, la décolonisation aidant, les besoins des pays nouvellement indépendants sont énormes. Les Africains viennent à l'Organisation des Nations Unies (ONU) frapper à la porte. Et le Canada va répondre à leurs demandes. Tout naturellement, l'aide à l'Afrique va débiter par l'Afrique anglophone. En effet, à l'époque, les relations avec les pays du Commonwealth dominaient. Ces pays attirèrent dès lors la presque totalité de l'aide canadienne.

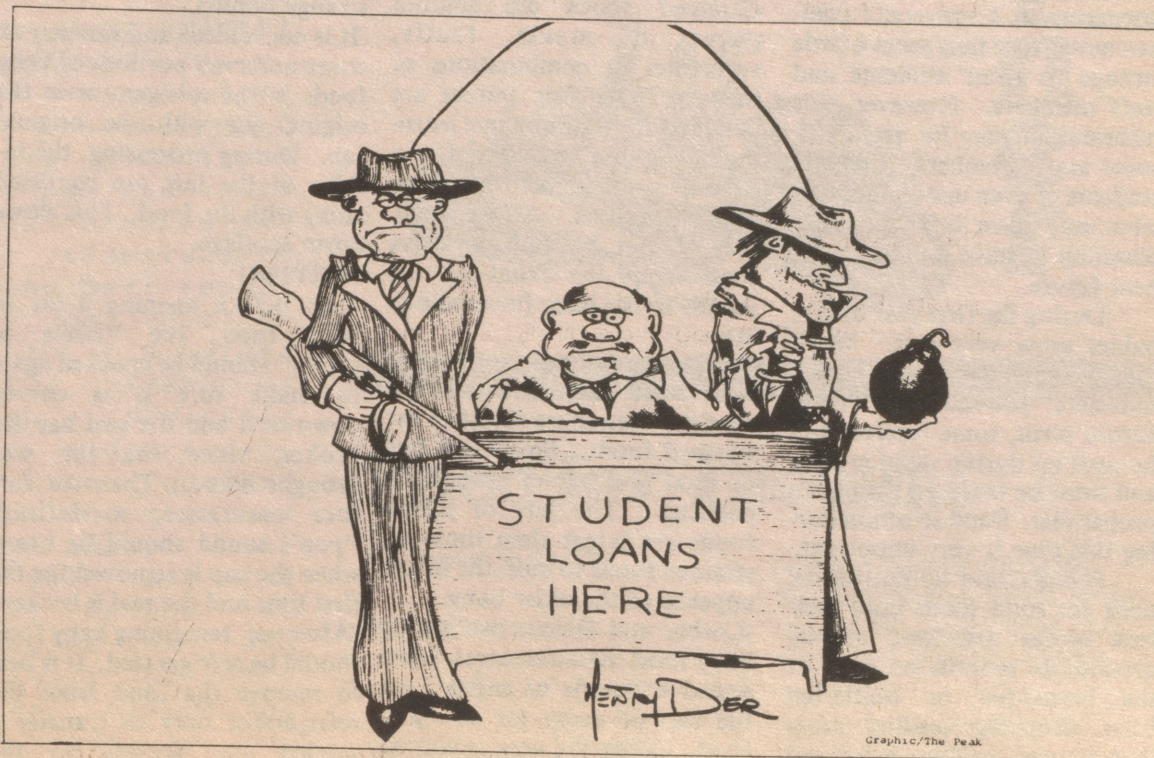
Reprinted with permission of the author from **Palabre**

La coopération canadienne ne remplit pas encore les rayons des bibliothèques européennes ni africaines. Et pourtant, elle gagne du terrain partout en Afrique, ce grand marché longtemps considéré comme l'apanage de l'Europe.

C'est par son approche que cette coopération tient son originalité. Elle est l'une des très organisées, efficaces et humaines. En effet, la technologie des Canadiens est malgré tout celle du continent nord-américain. À cela s'ajoute le fait qu'ils n'ont pas un passé colonial ayant marqué l'Afrique. Qualité combien suprême.

Pour mieux saisir cette montée du Canada en Afrique essayons de connaître sa philosophie de base sur ce continent. L'approche canadienne de l'Afrique est différente de celle des Européens. Historiquement, les liens Europe-Afrique sont presque naturels, alors que pour le Canada, l'Afrique est un autre monde. Il aurait pu se diriger davantage vers l'Amérique latine qui est plus proche. Mais il privilégie l'Afrique parce qu'au Canada comme en

voir Afrique page 10



Un automne chaud pour M. Claude Ryan

par Pierre Chapdelaine
V-P aux affaires externes

Le régime de l'aide financière aux étudiants fera l'objet d'une réforme de la part du ministre de l'enseignement supérieur.

Voici un résumé du congrès sur les prêts et bourses qui s'est tenu les 2, 3 et 4 octobre derniers au CEGEP de Limoilou auquel les représentants de votre association étudiante ont participé.

Rappel historique

Au printemps 1986, M. Claude Ryan, ministre de l'enseignement supérieur et de la technologie, a fait part aux médias de son intention de réformer le régime actuel des prêts et bourses.

La première réaction des associations étudiantes nationales en fut une de surprise mais également d'enthousiasme sachant fort bien que le régime actuel ne répond pas aux attentes des étudiants.

Depuis la mise sur pied du projet de réforme, aucune consultation n'a été menée au près des associations étudiantes.

Suite aux demandes répétées de la part des associations étudiantes sur leur rôle dans l'ébauche de la réforme, le ministre Ryan a seulement promis que les associations auront copie du projet de réforme au moment où il sera déposé en chambre et que s'il y aurait lieu le ministre tiendrait une commission parlementaire au moment de l'étude du projet de loi.

Entretiens, seulement M. Ryan et les membres de son ministère ont droit de regard sur le dit projet.

Les étudiants veulent en

savoir plus sur le contenu de cette réforme puisque c'est un sujet qui les touche au plus haut point et, par conséquent, sont de plus en plus inquiets devant les effets négatifs pouvant affecter l'avenir du principe d'accessibilité à l'éducation supérieure.

Mais M. Ryan essayait de se faire plus rassurant en déclarant qu'aussitôt le projet terminé il n'hésiterait plus à consulter les étudiants afin de connaître leurs opinions.

Cependant, dans ses propos, le ministre ne mentionne pas si des amendements majeurs pourront être apportés au projet suite à cette consultation.

C'est devant un état de fait que les étudiants prendront donc connaissance du projet. Et c'est probablement l'objectif de M. Ryan que de faire passer les coupures subies à son ministère sur le dos des étudiants et ce, en espérant que l'apathie généralisée des étudiants facilitera le tout. M. Ryan et son équipe sous-estiment peut-être un peu trop la force actuelle du mouvement étudiant.

C'est un enjeu majeur pour le mouvement étudiant, tout comme l'a d'ailleurs été, celui du gel des frais de scolarité l'automne dernier.

À cet effet, selon Jean-Pierre Paquet, secrétaire général de l'ANEEQ: "M. Ryan n'a qu'à bien se tenir avec son projet de réforme, car un autre automne chaud l'attend cette année." Un dossier à suivre....

Deux hypothèses ont été relevées quant aux changements anticipés dans le régime actuel:

1) Que le ministre se doit de diminuer l'enveloppe budgétaire allouée à son ministère par le Conseil du trésor et ce, en resserrant les règles d'admissibilité au présent régime.

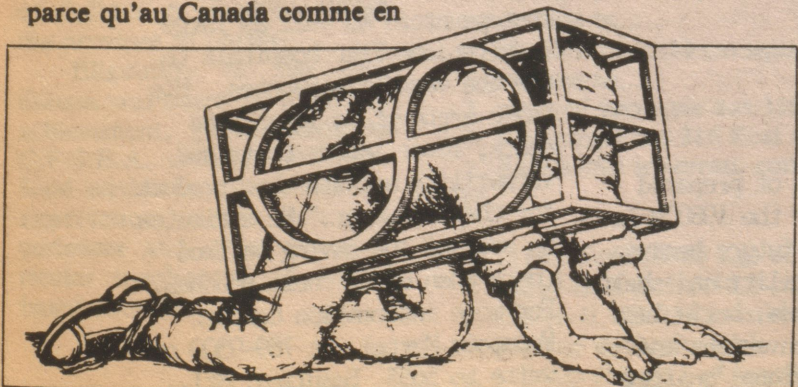
2) Ou bien en augmentant la part de prêts allouée à l'étudiant tout en diminuant proportionnellement la part de bourses.

À ce moment-ci, le mouvement étudiant est dans une position strictement défensive, sachant très bien qu'il est exclu des discussions qui sont menées derrière son dos.

Lors du congrès, les associations membres de l'ANEEQ ont décidé de passer à l'offensive en instaurant une plateforme de revendication ainsi que des moyens de pression afin de déstabiliser la force de M. Ryan et son équipe associée à la réforme, rééquilibrant ainsi le rapport de force.

Voici, d'ailleurs, à cet effet, les principales revendications formulées par l'ANEEQ:

- 1) Que le présent régime soit ouvert non seulement aux étudiants à plein temps mais aussi aux étudiants à temps partiel.
- 2) Que le régime tienne compte du coût de la vie des étudiants dans l'allocation des prêts et bourses soient plus souples.
- 4) Que le régime soit plus transparent et que cesse toute forme de harcèlement de la part des Bou-Bou macoutes de l'aide financière aux étudiants.
- 5) Finalement, que tous les prêts aux étudiants soient transformés sous forme de bourses.



Commercial baby foods

by Carla Abbatemarco

The subject of baby foods appearing in a university campus newspaper may seem a little strange to some students and staff members. However, this information may be useful for some staff members, graduate students or even undergraduates who may have infants or are planning to have a child in the near future.

During the first year of life, babies grow very fast. While they have reserves of many nutrients provided to them before birth, some reserves will be used up during rapid growth and must be replaced through a proper diet. Food selection during this time is very important.

Infants have no nutritional need for solid foods until their iron stores are low, usually around six months of age. If the breast-fed or bottle-fed baby demands feeding more than eight to ten times a day and will not take more milk if offered, then it is time to start solid foods.

Commercial baby foods offer the advantage of being convenient to use, especially for parents who find they have little time to prepare homemade baby foods. They are also consistent and particularly high in nutrient quality as their ingredients are processed when they are at their peak of freshness.

Careful buying, storing and serving of commercial baby foods will help maintain their high quality and safety in home use and nourish the baby well.

BUYING

-Strained foods are smooth purees of meats, fruits, vegetables or combinations of them. These fine purees are designed for the baby just learning how to eat food served on a spoon, usually between four and six months. At this time, they should be able to move food from the front of the mouth to the back for swallowing.

-Junior-type foods are purees with more texture and larger particles than those found in the strained foods. Small soft bits of food give babies practice in chewing. The jars of junior foods are larger than those of strained foods to meet the larger appetite of the older baby.

-Gerber and Heinz, two major baby food manufacturers, have added a "circle of safety" on the cap of every jar of baby food. When the area is curved downward, it means the jar is vacuum sealed. The food will stay safe and wholesome as long as this seal is intact. If for any reason the seal is broken, the circle will curve upward as a warning not to use the food.

STORING

-Unopened jars of baby food and strained juices should be stored in a dry, cool place away from steam or heat. Avoid freezing the jars since this may change the texture of the food.

-Keep packaged baby cereals away from heat, moisture, cleaners and strongly flavoured vegetables. This will prevent

the cereals from absorbing strange odours.

-It is convenient and sanitary to cover unserved portions of baby foods in the refrigerator in the original jar with the original cap. During processing, the insides of the jars are sterilized along with the food. This slows down spoilage.

SERVING

-Just before opening a jar of baby food, the "circle of safety" should be checked again to make sure it is curved downward and the seal has not broken since the jar was brought home. Then for further assurance, a definite "pop" sound should be heard when the cap is removed for the first time and the seal is broken.

-After use, remaining baby food should be refrigerated. It is best to remove the food from the refrigerator only to transfer a serving size portion to the feeding dish.

-Baby should not be fed directly from the jar until he or she is old enough to eat all the contents. The baby's saliva will be transferred to the jar by the spoon and cause leftover food to break down into a watery consistency.

-When only part of a jar's content are to be fed to the baby, it is better not to heat the food in the jar. Reheating can spoil the taste and texture and lower the nutritive value of the baby food.

-The baby food can be heated in a pan of warm water or served

unheated at room temperature.

-If microwave oven is used to heat the food, it should be tested for uneven heating before feeding to prevent a burn. The mixture should be stirred and heated for only a few seconds to avoid accidents. Baby foods which contain substantial amounts of meat should never be microwaved. Uneven heating of these thick products could lead to a hot splatter or a scalding.

Since 1977, commercial baby foods have had no added salt. They do not contain preservatives, flavours or colours. Fruits and desserts contain sugar only when the acidity or tartness would be too high if sugar were not added. The levels of sugar in these products are much lower than similar foods processed for family use.

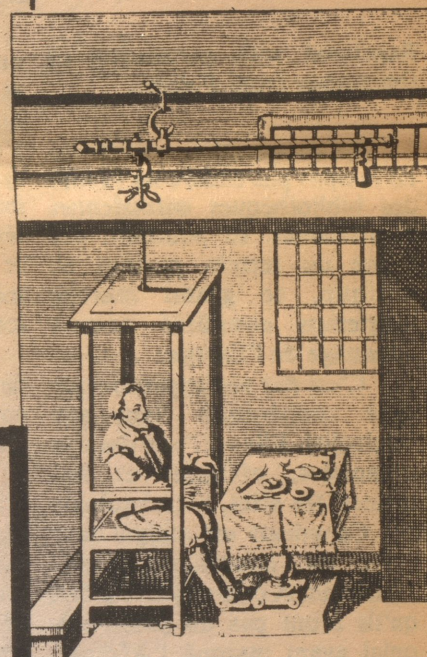
Commercially prepared baby foods can offer parents time-saving convenience along with safe, nutritious foods for infants.



C Nutrition r n e r

EATING ON A SCALE

Sanctorius, a 17th century Italian physician tried to figure out what happened to the food he ingested. In order to find out he sat on a scale and weighed himself and his favorite meal. He then ate the food and weighed himself again. To his surprise he noticed a progressive loss in weight as he digested his food. He attributed this loss in weight to the conversion of the food ingested into "insensible perspiration" and he was partly correct. Knowing all you know now, being in University and all....could you figure out why weight is lost when food is digested and in what form is this weight lost in?



ANSWER

The loss of weight comes with the release of end products of food use which are moisture that is partly given off through the skin and lungs, and carbon dioxide that is exhaled.

Food

continued from page 7

COOLING

Cold is one of the most effective means of preservation. In fact Romans brought snow down from the mountains in insulated straw containers in order to preserve perishables all year round. Foods stored in wells, cellars and springhouses were all used as primitive refrigerators. The first ice-boxes appeared in the 1800's and were kept cold year round by placing naturally cut ice within them. The ice was cut from rivers and lakes in the winter and kept in insulated warehouses to be delivered in the summer by horse drawn wagons. By 1920, the first mechanical refrigerators were developed and became standard kitchen items ever since. Chilling food in this way preserves the foods for up to one week (in some cases longer) and the temperature is maintained between 3.3°C and 5.5°C, hence the activity of the enzymes and microorganisms is slowed down but not stopped.

FREEZING

The preservation of food in this manner not only slows down the actions of decay causing organisms but stops most of their activity altogether. In fact frozen mammoth steaks, from Siberia, 50,000 years old have been eaten by men and dogs in the 20th century.

The faster the food is frozen, the longer it can be preserved without changing the products physical structure, texture and

taste. The methods utilizing this idea include cold air-blasting, direct immersion of foods in a cooling medium, contact with refrigerated plates in a freezing chamber and exposure to either liquid air, nitrogen or carbon dioxide. The benefits of such methods are enormous, especially when considering the variety of products that may be preserved in this manner and the decreased cost to the consumer that result.

IRRADIATING

Irradiation is a process which consists of treating foods with gamma rays which cause the removal of one electron and results in a change in the genetic material of the product. Cellular division, sprouting and the entire ripening process is slowed down which yields a product with a longer shelf life. The safety of the process remains debatable and long term repercussions of using this method are under investigation.

RETORT POUCH

The vacuum-sealing of prepared foods developed in the 1980's is the method of the future because it offers the stability and shelf life of canned goods, but is less expensive, more convenient and retains the nutritional quality of foods better.

In fact, it seems that food industries are going to opt for retort pouches. François Martel, from GASTRONOMIE SOUS-VIDE is trying to persuade the big business food chains and restaurateurs as well as large institutions like hospitals to use the versatile pouches. His basic argument is lower food costs, lower labour costs and versatility and a better product for the consumer. He estimates an average 10% saving on food costs when using these pouches. For more information contact François Martel, at 769-9500 or write to 5655 Beaulieu, Mtl., P.Q. H4E 3E4.

Recipes for Students

THREE BEAN CHILI

This dish is simple to make and provides a complete protein source.

- *2/3 cup each canned pinto (pink) beans, black beans and red kidney beans
- *1/2 pound lean ground beef
- *1 cup coarsely chopped green bell pepper
- *1 cup sliced celery
- *2 teaspoons chili powder
- *1 teaspoon ground cumin
- *1/2 teaspoon ground oregano
- *2 cups coarsely chopped tomatoes
- *1/4 cup tomato paste
- *1 teaspoon salt
- *2 cups hot cooked rice
- *Salsa (see recipe that follows)
- *1/2 cup coarsely chopped Spanish onion
- *1 cup shredded cheddar cheese

SALSA

- *3/4 pound ripe plum or cherry tomatoes, coarsely chopped
- *1 tablespoon finely chopped canned jalapeno peppers
- *1/2 cups chopped Spanish onion
- *2 tablespoons fresh lime juice
- *4 tablespoons fresh cilantro



INSTRUCTIONS--PREPARING THE CHILI...

Place the beans in a colander and rinse them well under cold running water; set them aside to drain. Heat a large nonstick saucepan over medium heat. Add the beef, onion and garlic to the pan and saute until beef is browned and the onion is translucent. Add 1 cup of the bell pepper and the celery, and continue cooking for 5 to 7 minutes, or until the vegetables begin to soften. Add chili powder, cumin and oregano, and saute for another minute. Add the tomatoes and tomatoe paste, the stock, the salt and the drained beans, reduce the heat to medium-low and simmer, partially covered, for 30 minutes. Divide the chili among 4 bowls and top each serving with 1/2 cup of rice and 1/2 cup of Salsa. Sprinkle each serving with the remaining 1/2 cup of bell pepper, the Spanish onion and cheddar cheese. (makes 4 servings)

INSTRUCTIONS--PREPARING THE SALSA...

Combine all the ingredients in a bowl. Let stand 30 to 45 minutes to allow the flavors to blend. (makes 2 cups)

NUTRITIONAL INFORMATION

49% CARBOHYDRATE	72g
21% PROTEIN	31g
30% FAT	19g
CALORIES	572
CALCIUM	342mg
IRON	7mg
SODIUM	590mg

DID YOU KNOW?

Most people are aware of the fact that food consumed yields energy but it is hard to realize just how much energy one obtains from certain foods. Here is a little quiz to test your savvy about food and energy.

1. 1 cup (237 mL) of orange juice has 108 Kcal and is equivalent to.....
2. 2-inch square (13 cm squared) of fudge has 185 Kcal and is equivalent to....
3. piece of apple pie has 316 Kcal and is equivalent to.....
4. hamburger has 316 Kcal and is equivalent to.....
5. double-dip ice-cream cone has 334 Kcal and is equivalent to..

- a. 1/16 pound (0.03 Kg) of coal
- b. 1x2x4-inch (2.5x5.10.2-cm) piece of wood
- c. 1/2 cu ft. (0.014 m cubed) of cooking gas
- d. 7/10 of dynamite stick
- e. 1/6 cup (39 mL) of gasoline

ANSWERS

- c..5
- a..4
- q..3
- p..2
- a..1

C Nutrition Corner



Food for Thought

by Suzana Vidanovic

DEHYDRATING

Food is preserved for even longer periods if it is dehydrated after cooking. Dehydrated foods resist spoilage because the enzymes and the microorganisms require moisture for growth. The drawback of dehydration is the loss of taste and some nutritional quality.

Mankind has always been fascinated with slowing the speed of spoilage and the preservation of foods. As history shows us, new methods of prolonging the storage of food have developed with the advent of modern technology and equally as important, to our ever increasing needs.

COOKING

Cooked foods spoil at a much slower rate than do raw foods. The actual cooking of foods was implemented partially for the prevention of putrefaction of the foods, but also to kill off most microorganisms and improve the flavor, texture and taste. For example raw meat spoils within a few hours but roasted it remains fresh for at least a day and is considered in some parts of the world as more edible even after longer storage.

SUN-DRYING

Sun-drying of food is one of the oldest methods of preserving foods and was developed about the same time as agriculture.

In Mesolithic Denmark and most of China, fish, meat and fruit were sun-dried so that they may be saved for another day. Sun-dried mare's milk was used by nomadic warriors of Genghis Khan in order to survive. They would reconstitute the powder in water, place in a container and attach to their saddles. As the rode

on their horses throughout the day, the mixture would be stirred and by nightfall a thin porridge was ready to be eaten.

Similarly, in modern Turkey, the villagers consume a complex sun-dried mixture called 'tarhana' which is based on a powdered yogurt made of what else but cow or buffalo milk. The chalky mixture can be stored indefinitely, is reconstituted by adding boiling water and yields a stew which retains most of the original nutrients, except ofcourse vitamin C. The implementation of sun-dried edibles allowed for the greater mobility of mankind and avoided the all too common feast-famine scenarios.

CANNING

The canning of products was developed a little over 150 years ago. Disabled soldiers, not from combat but from slow starvation were responsible for the initiation of this important discovery. The French government offered a large reward to anyone who could devise a way to preserve large amounts of food practically and supply this food to a constantly moving army, hence the development of canning. In 1809, 14 years after commencing, Nicolas Appert won the prize for inventing the first canning method. Although Appert's bottles were expensive, fragile and their seal was not certain, it did not take long for others to improve upon his method and by 1847, mass canning provided millions with inexpensive tin canned products.

Needless to say, canning allowed the masses to utilize a wide variety of products all year round and enjoy lower prices for the same foods. The process is extraordinarily effective. A four-pound can of roast veal canned in 1824 was opened in 1938 and then fed to 12 rats for a period of 10 days with no adverse effects.

see Food page 6

C.F.S.E.A. BURSARIES

Congratulations to Elise Beausoleil, Julie Hanfield, Joyce Healy, Sonia Miele and Suzana Vidanovic, recipients of \$300.00 bursaries awarded by the Senior-Canadian Food Service Executive Association of Quebec. The bursaries were given away on October 19th, at Lasalle College in Montreal. A total of 10 bursaries were distributed to all eligible members of the Junior branches of C.F.S.E.A. chapters within the province of Quebec.

Eligibility of the candidates was based on scholastic achievement, participation in C.F.S.E.A. oriented activities, food service and food industry experience, other job experiences and other extracurricular involvements in school based activities.

FAE's

continued from page 1

a "defensive" mine-clearing tool would probably, in the interests of "job creation", promote it as an export. Although Canadians may not use this device or technology as a weapon, there must be many, in other countries, who would be eager to adopt and adopt it right away.

Unfortunately, a "military research project", whatever its implications, cannot easily be singled out and banned. As McGill's Senate found out, it is very difficult to define selection criteria. What is a "weapon"? Bacterial culture could be used as a weapon, as could a car. Are they "weapons"? What is "military research"?

As soon as some people see the words "National Defence" in the same sentence as "research", they automatically assume that this is the "weapons research" or "military research" and start to scream. One fault with this view is that almost any scientific or engineering research could, potentially, have eventual military applications and therefore could be called "military research". The consequences of banning all such "military research" should be obvious. Where should the line be drawn?

The next danger words are "Fuel Air Explosions", bringing to mind devices that were used in Vietnam as defoliants and anti-personnel weapons. Thi clincher is that for ten years, Professor Lee has worked on laser research for the U.S. Air Force. Here is someone who has some familiarity with lasers and who is now working on FAE's....

Of course, it is true that research on such explosions has contributed to the understanding and prevention of accidental explosions in grain elevators and in the chemical industry.

This, along with the stated purpose of the research contracts might be enough to convince me that such research ought to be approved, were it not for the apparently contradictory statements of intended application made by a representative of the Ministry of Defence and by Professor Machlachlan, Vice Principal of Research. According to the former, the research is intended to determine what would happen if "a type of bomb" were used against Canadian ground forces. This would not seem too bad if it could be believed.

However, Maclachlan claimed that the research would contribute to the development of a mine-clearing device, "a defensive military purpose". Why the contradiction? Or was it a case of reciprocal omission?

The latter's claim can only be considered to be erroneous in the FAE would only "defend"

by protecting attackers from a defense. Since, in conventional warfare, the mines to be cleared with an explosion would be arranged in minefields, which are harmless until an attacker attempt a crossing, or in avoiding them, strays into a killing zone, mines are defensive. Now, the act of advancing towards or through a minefield is offensive. Therefore, the act of clearing a minefield can only be construed as "defensive" in that it may protect an attacking force. For all other intents, being used in a preparation for an advance, it is offensive, despite it's not being a weapon as such.

Specific projects could be arbitrarily banned, one at a time, each by a resolution of the Board of Governors. However, each such instance would create a dangerously inconsistent precedent, since it would imply creating a new definition of "unacceptable research" for each case. This, in turn, would give rise to great uncertainty in the minds of those who would like to enter into research contracts with McGill, probably causing them to look elsewhere, depriving McGill of much needed revenue. There would also be negative implications for the quality of teaching in science and engineering at McGill.

Moreover, arbitrary banns on research would infringe on the right of academic freedom, that is, a professor's right to investigate ideas or express views that may currently be unpopular.

Thus, the policy options are:

- 1) Make an arbitrary ban on FAE research, with all of the implications that this would have on other research projects, on academic freedom, and on McGill's future survival as a research institution.
- 2) Define "ethical research", and ban all else. The problem lies in finding an adequate and equitable definition, and in the cost of doing so.
- 3) Issue weak research "guidelines", leaving the ethics of research up to the individual researcher's conscience. Alas, the cheapest and easiest, hence, probably most acceptable solution from McGill's point-of-view.

A tough decision to make, given my respect for the institution that is McGill on one hand, and my pacifist sentiments on the other.

If you have any rational views, suggestions, or a preferred solution, please tell me or leave a note with Mrs. Brown at Harrison House. Failing that, drop a message in the suggestion box in the MS foyer. Thank you.

Market

continued from page 1

Q: Is the agricultural industry affected by this fall in the stock market?

A: Not directly, though the agricultural industry might be indirectly affected by the decrease in the stock market, because in agriculture we deal with physical commodities: grain, oil seeds, livestock products and so on. Indirectly the great amount of uncertainty will cause these prices to go down.

Q: How will the average farmer be affected?

A: The average farmer will be affected in one of two ways. One, if the price of the agricultural commodities goes down; and two, if the farmer gets in a situation where he or she becomes very apprehensive and sells. If farmers get into the situation where they feel that prices will go down, they will be under pressure to accelerate selling their commodities early. The pressure to sell, and more sellers than buyers might cause prices to go down.

Q: What is the role of computerized marketing on the stock market behavior?

A: That is an interesting point. At the present time stock markets are very sensitive, because of the speed at which transactions take place, almost instantly, so when we have that kind of volume, let's say 30 to 50 million dollars within a period of minutes, this setting will trigger further selling, establishing a trend towards selling. If there are more sellers than buyers, prices will go down; if there are more buyers than sellers, prices will go up.

So, computer aids in making the transactions very fast, this leads to something called "accelerated trend. Without the computer, it takes time for the information to get registered and most likely one is going to have less volume of transactions. Computerized marketing tends to reinforce perceived trends whether positive or negative within a short period of time.

Q: What measures can the government take to stop this fall in the stock market?

A: Well, a number of things a) the U.S. government could address the question of budget deficit and try to take serious steps to reduce it. b) the government could provide some policy which would increase

confidence and reduce that uncertainty. Some economic indicators show that the economy as a whole is healthy and that the government will stand by its commitment to things like social security, unemployment and medical care. This would provide an element of certainty to the public.

Q: Do you feel this might be a repetition of October 1929?

A: No, I don't think so, the situation of 1929 was much different than now. The economy is much more diverse and there are many government programs to prevent a similar crash as that of 1929.

Q: What are your short and long run economic prospects for the agricultural industry?

A: Well, in the short term, we are most likely to have a continuous status of instability, up and down. But in the long run, the welfare of agriculture is going to depend on the overall world supply and demand for agricultural products, and on government policies. In particular, government policies affecting price formation in U.S., Canada and in the rest of the world. The stock market will have no effect in the long run just in the short run.

Food Irradiation

Would you want to eat raspberries that you dug out of the back of your refrigerator a week after you had bought them. Not likely. What if they still looked as good as the day you bought them? With the advent of food irradiation this type of situation might occur more and more often.

In an attempt to eliminate chemical food additives, produce can now be exposed to isotopes for cobalt or cesium which in weak doses will slow down ripening and stop growth. This new technology uses electromagnetic waves, not particles as some people think.

In 1958, The U.S. Food and Drug Administration decided that irradiation should be considered an additive and therefore every food product that had been

irradiated would require analysis before it was placed in the stores. Since this date, not many definite decisions have been made on the applications of the process. As of the present, foods that have been irradiated do not have indicate so on their labels, though a certain amount of opposition is being felt from the Association of Consumers of Canada. Among the foods currently being irradiated on the Canadian market are potatoes, onions, wheat and wheat flours, some poultry and haddock and cod filets.

Skeptics comment that science knows too little about the vibrations of molecules are their effects to be altering our food with this new process. What most don't realize is that the same kind of manipulation occurs in the common microwave oven.

Let's Associate LIVESTOCK

Hey everybody, during the next weeks, there will be livestock judging clinics organized for everyone who wants to improve their abilities in the area of judging livestock and plants. We have invited guest speakers in the various categories of animals and plants; all clinics will be held within the college area.

The tentative dates are:

HORTICULTURE
November 10th 6:15pm
Guest speaker:
Gerry Chevrier

DAIRY COWS
November 17th 6:15pm
Guest speaker:
Gordi Beaulieu

FORAGE & CROPS
November 19th 6:15pm
Guest speaker:
Serge Lussier

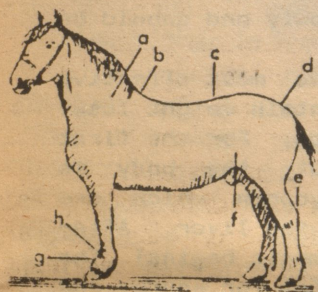
SWINE
November 24th 6:15pm

Other clinics have been held over until next semester. These clinics are sponsored by A.U.S.

See you there!

For more information, see the Mac Mouthpiece or Laird Hall room 317

Peter H. Coughler



Horse
a. shoulder, b. withers, c. loins, d. croup, e. hock, f. flank, g. pastern, h. fetlock.

REAP PGSS

Yes, the 2nd conference on Resource Efficient Agricultural Production is coming soon. If your are interested by the different strategies used for increasing profits and decreasing negative environmental impacts in agriculture, the one thing to do is to attend this conference on November 21, here at Macdonald. Watch for the registration forms in the MS foyer and EAP.

This year, five speakers will talk to us about closing the nitrogen cycle, reduced tillage, Voisin grazing system, integrated weed control, and greenhouse management. At the end of the day, there will be a panel composed of farmers, government and agricultural representatives.

The ticket price (\$10 for students) includes a very good lunch (prepared by students in Dietetics) and conference proceedings. If you are concerned, don't miss it! Last year, many people regretted not attending it. So do your term papers and homework now and register as soon as possible!

Greetings fellow graduate students. I was approached yesterday to jot down a few lines on social activity on campus and this is what came of it. Lately my concept of Macdonald College has become focused on two geographical points; a user friendly computer screen and a 16 X 12 foot wall accompanying my desk (also user friendly). It seemed serious if even the official PGSS social convenor was caught chaining himself to the leg of the desk.

Talking to many students I've begun to wonder whether graduate students really enjoy life here at Macdonald College and in what way could our student society help make the place more of a community as well as a creative rock on which to work. Granted for many the college represents a sort of professional half-way house as the period spent here can be relatively short. Many students say they want to get out of here as quickly as possible and although one can appreciate the pragmatism it does contribute to giving our college a factory-type mentality.

As students we represent a wonderfully diverse cross-

section of people and minds and I still like to think one can get an informal education for the price of a coffee. Others have commented that Macdonald College is the lowest round trip fare for a tour of the world.

Many people among the staff and student organizations work hard to distract those caught in the revolving door. Shortly a survey will be in your hands to give us some feedback on your needs and good ideas. I hope you will fill in all the white

spaces. To date we've organized a BBQ, Welcome Wagon, and an autumn bus trip. Tentative social activities include a jazz night, and an evening to listen to the MSO.

Summary: Do occasionally loosen the leg irons and join in to help our community spirit grow.

Grant Halm
PGSS
Entertainment
Coordinator

Dietitians to be take note

CDA MEMBERSHIP

by Yannis Felemegos

Recently the Canadian Dietetic Association extended its membership to undergraduate students in Dietetics. It is now possible for all undergraduates regardless of the year of study to become members, if they apply. Other professional associations having recognized the importance of the respective undergraduates in their existence and continuous expansion, have been allowing them to become student members. Some have gone as far as to reimburse part of the membership fees to their undergraduate societies.

Why would a student become a member in CDA? In more common terms what's in it for us the students except the membership card. In our case, there are plenty of benefits for a student member. Which can be divided in short and long term. The short term benefits are listed in the CDA bulletin which is posted on the DHNUS bulletin board. They include:

-Subscription to the Journal of the Canadian Dietetic Association,

-News bulletin communique,
-Periodic complimentary publications,
-Access to public education resources produced by CDA,
-Eligibility to apply for one of eight undergraduate awards,
-Membership catalogue,
-Optional group life and health insurance,
-Car rental discounts.

These are the benefits that each member receives on an annual basis. The individual importance to the student would vary according to the year of study, and his/her needs.

The long term benefits are not printed on the CDA bulletin, but their importance may surpass the short term benefits. By becoming a member the student gets involved in the only professional association that represents, promotes and protects his/her professional interests. It does not matter if we are just starting or finishing the major of Dietetics, we should have the curiosity to know what is going on with regards to our profession.

The membership is very much needed by CDA so that it can continue to promote the

profession of Dietetics in both the public and the government. CDA does not have the large number of dietitians members simply because there are not that many in Canada as compared with the USA where there are over 45,000 members. Because of this small membership CDA does not possess the enormous budget that ADA has, and every small contribution counts in CDA.

As members we get first hand view of the developments and the problems that we will face as dietitians when we graduate. Not that we do not have enough problems as students but it is to our advantage to know what to expect and not get any rude surprises. A few minutes here and there reading the news bulletin would certainly be very helpful in giving us the whole picture, the "real world" picture instead of the one from our textbooks.

Part of the short term package includes the membership catalogue. This little booklet can be of extreme help especially in our efforts in finding a permanent job or even a summer job. It shows who, and where the students who have taken the personnel management course would appreciate its effectiveness in job hunting. We can initiate our contacts from now, which means that we could have up to three years of opportunities before we graduate.

The final long term benefit is the one which allows the members to express their opinions on issues that concern all. Because of the small number of members (approximately 3,500) every voice could carry much weight. We can express our visions of what our association could be, we can begin shaping our professional future while we are still at school and that is the greatest benefit of all.

On the dark side of this (everything must have a dark side), some of us might find that the membership fee is extremely high for a student. CDA has set the fee at \$45, but as stated previously as members we can certainly say something about it. In the other hand the same amount of money can be spent on a Saturday night out. McGill is the only English speaking Canadian University that allows us to graduate as dietitians. The other university graduates must go through a year of post graduation internship (which has limited enrollment) before they can be called dietitians. Let's make McGill the only Canadian University with 100% student membership in CDA. Remember that CDA stands for the Canadian Dietetic Association, but it also stands for "Cannot Do it Alone"!



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Communiqué



JAPANESE CANADIAN
CULTURAL CENTRE
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AN EXHIBITION ON THE JAPANESE CANADIAN EXPERIENCE IN QUEBEC

An upcoming exhibition, presented by the Japanese Canadian Cultural Centre of Montreal, will relate the story of the Japanese Canadians in Quebec who were branded "enemy aliens" during World War II. They were uprooted, detained and dispersed from their homes in British Columbia.

This exhibition will be presented at le Faubourg, 1616 Ste Catherine West, Metro Guy. It will run from November 26 to December 6, 10am to 9pm.

The exhibition will use a collection of first hand accounts, photographs, artifacts, diaries and film to trace the story of Japanese Canadians in Quebec, from their tragic beginning in British Columbia to the present.

Afrique

suite de page 5

ment en Afrique à des retombées économiques pour ses nationaux. D'habitude, l'on clame l'innocence, que son aide est gratuite, eux non! Cette franchise ainsi exprimée favorise une coopération dans un environnement de confiance.

Il y a le fait que le Canada comprend certaines parties dont le développement est récent, le Québec particulièrement offre un intérêt certain pour les dirigeants africains: ils peuvent s'identifier à ses réalisations encore toutes récentes, toutes neuves et applicables. Tout cela ne date que de dix ou quinze ans. Le Québec s'est créé en 1960 effectivement. En Afrique, cette période correspond aux indépendances. Bien sûr le Québec part avec une longueur d'avance, avec une maîtrise accrue de ses compétences et de

Pierre Rabhi

Pierre Rabhi, algérien de naissance ou saharien comme il préfère s'appeler, pratique depuis vingt ans l'agriculture écologique dans les Cévennes.

Autodidacte, il apprend les méthodes de biodynamie de Pfeiffer et Steiner renonçant à l'agriculture chimique.

Face à ses succès de producteur, en 1981, le C.R.I.A.D. (Centre de Relations Internationales entre Agriculteurs pour le Développement) lui confie l'application d'un plan de formation et de soutien au Burkina Faso auprès des paysans en quête de procédés culturels simples basés sur l'agriculture écologique. En 1984, ce projet se

culmine en un centre de formation en agroécologie au Sahel (Gorom-Gorom au Burkina Faso). Aujourd'hui, l'agriculture écologique est inscrite comme une priorité dans ce petit pays au même titre que l'alphabétisation et la promotion de la femme.

Depuis, le centre d'agroécologie a beaucoup fait avec peu de moyens, là où les millions de l'aide internationale ont échoué. Pierre Rabhi nous expliquera pourquoi le développement de l'Afrique n'est pas une question d'argent et comment son projet réussit à obtenir une production vivrière suffisante pour les paysans leur promettant ainsi de jouir d'une certaine autonomie.

Classified

\$ 1.00 for students

\$ 3.00 for non-students

Please submit to Harrison House
on the second floor, or phone
457-5784

WORD PROCESSING

453-7872

To the guy who lent me his disks in the library. I still have them but I can't find you to give them back, please leave your name and phone number with Mrs. Brown so that I can contact you.

"I love your body, spirit, and your clothes." (L.C.) Without a body your spirit lives on, without a spirit there is no way to be found, without your clothes I see all....

Many thanks to the kind person who returned my ring it has great sentimental value and I appreciate your honesty.

ses moyens d'action. Mais il n'est pas plus vieux que la plupart des pays africains.

Ces pays perçoivent le Canada comme moins dangereux politiquement bien qu'il fasse partie de l'OTAN. Il n'est pas compris parmi les faucons. La coopération avec lui apporte de la haute technologie en sus du fait qu'il n'est pas trop mêlé aux problèmes Est-Ouest.

Finalement, que cela soit vrai ou faux, les pays africains ont l'impression que beaucoup de pays européens ont des raisons de faire ce qu'ils font. Des raisons politiques, commer-

ciales. Ils veulent que vous les appuyiez dans tel ou tel domaine, tel ou tel vote à l'ONU. Il y a toujours un agenda caché.

La perception des Africains est alors avec le Canada, de telles demandes sous-jacentes n'existent pas, que l'aide se fait dans le but de l'accomplissement d'objectifs parfaitement visibles. D'où cette popularité, efficacité de la coopération canadienne en Afrique.

Recueilli par Clérance Kimanyi
Déjà publié dans le journal
"Palabre"

Source: RevuNord-Sud, janvier-février 1986.

Fitness Fundamentals

by Bob Grier

Part 2: Aerobic Training.

The definition of "aerobic" is "living in air" or "utilizing oxygen". Therefore aerobic exercises refer to those activities that require large amounts of oxygen for long periods and require the body to improve its capacity to take in that oxygen. This improvement is the "training effect". As far as the cardiovascular system is concerned, aerobic exercise actually increases the volume of blood in the body and this blood becomes better equipped to transport oxygen.

Two of the keys to an effective aerobic program are duration and capacity. By duration, I mean that in order to fully utilize the aerobic effect, the exercise must be maintained for a reasonable amount of time. For running, 30 minutes and over, for cycling, 60 minutes and over, and so on. As you become more aerobically fit you'll find that you need a longer run, cycle or whatever to feel you've had a workout. This is a clear indication of your improvement.

By capacity, I refer to how hard you drive yourself during however long a workout you have. Going "all out" on a first session is not the way to start, workouts should start slowly and should be gradually increased.

Aerobic training is the most effective way to lose fat and maintain weight loss. The key, again, is duration. For the first 20 minutes of a workout, the body is burning glucose and glycogen which are blood sugars produced by the liver. After this 20 minute mark, the magic begins! The body then starts to burn fat for energy and does so for the remainder of the workout. There is evidence to suggest that this "fat burning" continues for half an hour after training. A good program of training and a well-balanced diet should be enough for anyone to shed those pounds. Most fad diets aren't worth the paper they are written on (but we'll cover that in another issue). So here's a synopsis of some aerobic exercises:

RUNNING is the first one that comes to mind. It is quite time effective and improvement comes fairly easily. Remember to start slowly and hold your running to three or four times a week to give your body time to recover. Wear well-fitting, quality running shoes, never sneakers or tennis shoes. Believe me, your body will thank you.

CYCLING is more of a low impact exercise than running (especially on the knees). It requires a longer workout to get the same effect, but it is easier on the body. Equipment is more expensive of course.

SWIMMING is extremely effective and very forgiving to the body. Soft, cool water cushions your body and cools you while training. You don't suffer from any of the injuries associated with "harder" sports like running and biking. Try out your local pool, you may find that doing laps is the sport for you!

AEROBIC DANCE is what a lot of people think of when the term "aerobics" is mentioned. These are usually very intense sessions of stretching and dance movements set to music. Guys, if you think this is "sissy stuff", just try one session! I guarantee you'll gain a new respect for the ladies who do this three or four times a week. This is wicked stuff! Try to find one of the new classes that advertise themselves as "low impact". These involve less bouncing movements and are better for the feet and knees.

Next month, we'll enter the sacred "Halls of Iron" for a look at weight training.

VOLUPTAS SENSUS

EARS

If pop rock would speak french

par Richard Cerné

Il y a plus à la France que la baguette, le vin, la cuisine et l'amour. Depuis quelques années (surtout depuis trois ans, ici) nos ondes sont bombardées par la nouvelle (sinon la première vraiment intéressante) musique rock française. Je ne parle pas de traduction des "hits" anglais, mais d'un son propre aux artistes français, des mélodies vraiment "made in France".

Le produit musical français, qui à mon avis c'est le mieux vendu à travers le monde, est "Les Rita Mitsouko". Rita pour Hayworth, la célèbre actrice américaine décédée dernièrement, et Mitsouko du nom d'un parfum de Guerlain. On dit de ce duo marginal, composé de Fred Chichin (il a fait de la prison) et Catherine Ringer (elle joua dans des films pornos et possède une maîtrise en Anglais), qu'il est le plus britannique des groupes français (c'est David Bowie qui a composé la chanson Andy). A vous dire "les Rita Mitsouko" ont une musique tout-à-fait internationale. Le groupe n'est pas non plus, rien qu'un produit vide. J'ai eu la chance de les voir lors de leur passage au Spectrum. Chichin manie la guitare d'une façon experte, Ringer pour sa part, a une voix à vous tordre les tripes; les chansons furent rendues d'une manière impeccable. Il n'y a d'ailleurs, sur l'album "No Comprendo", aucune chanson qui soit mauvaise. Si vous ne saviez encore pas qui sont "les Rita Mitsouko", vous connaissez sûrement "Macia Bailar" (leur plus gros hit), "Andy", "C'est comme ça", "Ses histoires d'A"...

Si l'on va du côté plus yé-yé, nous retrouvons Niagara, un tout jeune groupe de Rennes en Bretagne. Le son néo go-go ne vous laissera pas indifférent, ni la voix et la

charmante prononciation de la chanteuse Muriel Moreno. J'ai eu non seulement le plaisir de les voir et de les entendre, mais aussi celui de leur parler. C'était pendant leur court passage à Montréal, lors du spectacle de Daniel Lavoie dans le cadre soixante-

quinzième anniversaire de Ville Lasalle. Ils sont super sympas. Les principaux titres de l'album "Encore un dernier baiser" sont: "Je dois m'en aller" (ce que je dois faire bientôt), "L'amour à la plage", et "Quand la ville dort".

A suivre...

Once again, the Ag. Econ. Club is organizing the traditional, semi-formal

CHAMPAGNE PARTY

Thursday, November 12 at the Deep End at 9 pm. Prizes and lots of fun.

Stay tuned for further information.

SOUL

"ELLE EST NÉE DEMAIN"

Elle c'est cette beauté-éclair
Qui s'échappe de la femme
au paroxysme d'une crise de jalousie

Elle c'est cette candeur qui se dégage
de la femme déterminée à "arriver"
dans un océan d'hommes-requins

"Elle....elle est demain"

Elle c'est cette pitié qui suspend
l'élan de la main qui allait s'abattre
sur cet enfant à punir

Elle c'est l'innocence
Celle que mouillent les larmes
de cette orpheline de nos guerres

"Elle est née demain"

Elle c'est cette dignité qui
émane de la femme qui
se pense humiliée

Elle est cette tendresse
qui se dégage d'entre
les rides des grand-mamans

"C'est demain qu'elle nacquait"

Elle, insolente à ses heures
c'est la grâce qui dissout la discorde
la blanche colombe de partout

Oui, en elle se cristallise l'essence
de la vengeance douce d'une fleur
qui t'envoie du parfum quand tu l'écrases.

Clérance Kimanyi

EYES

CROCODILE DUNDEE

by Greta Sewell

Crocodile Dundee is an amusing and extremely light weight film. It is a comedy based on a simple but hardly original idea.

The idea is the same as that used by Capra in "Mr. Deeds goes to town", in "Time after time" and in "Greystoke", namely, well adjusted man in uncivilized surroundings is transplanted into a sophisticated society where he has many comic misunderstandings due to his ignorance of urban manners and mores. But due to his manly virtues, intelligence and adaptability, he overcomes all difficulties and shows urban (urban) man to be weak and devious. His natural charm and chivalry win him the love of the heroine against all odds.

Our film's claim to originality lies in the use of an Australian hero with his quaint language and dress in a community of urban Americans - New Yorkers yet! Much of the film's comedy derives from our hero's comical accent

and turns of phrase and the varied reactions of his New York hosts. A feature of the plot which exactly parallels the Tarzan film "Greystoke" is the use of the heroine to form the link between his two worlds. The heroine in our film is suitably decorative and even seems to be a good actor although her main role is to be a foil to the Dundee character and to wear "fetching" clothes.

My favourite scenes in the film are the ones where his aborigine friend shows up in body paint during the course of a walkabout done to please his traditional father, and where he encounters the transvestite and drug oriented New York party people.

The film has pace and plenty of visual and verbal humour but it lacks coherence and, dare I say, a moral. If there is a moral it is that unsophisticated people are more honest than sophisticated people. This point, after a series of extended clichés, is underlined when at the end the discriminating heroine chooses Dundee over her yuppie fiancé!



by Richard Cerné

Maurice is a story of beauty, purity and love. Love between two human beings, both men and living in the beginning of this century. The punishment for being caught fondling with someone of your own sex was, on paper, the death penalty, but in real life you could get by with a few years of prison, flagellation and heavy labour. If you were a well-known figure, an aristocrat, or rich, you would probably get less than two years of incarceration. (This only applies to male homosexuals, because Queen Victoria, who signed the law against homosexuality, said that women weren't foolish enough to perform such vicious, degrading and unnatural acts, so she didn't bother putting lesbianism in the law.) Actually, as you may see in one scene of the film, the arrest of gays was somewhat like witch hunting.

The love of the two main characters on screen is purely platonic, giving way for pleasant feelings and very intense emotions. The time in which Maurice and Clive were living,

forces their love to be very secretive. When one of their friends is caught by the police, Clive becomes extremely scared, causing a deep change in his relationship with Maurice, making the latter very sad and confused. The changes in Clive push him to conform with the demands of his social rank.

All this controversy is taking place within an English country scene. This movie is not just a banal movie about perverted, depraved gay people, it's a masterpiece of sincere love.

Maurice is a must, it's one of the greatest movies I have ever seen. The images are beautiful, the indoor and outdoor scenes are superb. The acting is so convincing that you don't feel the length of the movie (just over two hours). The soundtrack is very impressive, especially when you hear the crystal clear voice of the chorus (voice is singular, because of the perfect harmony of the singers). Once again, Maurice is beauty, feeling, purity and love.

Playing at the Loews.

Annie's

Restaurant and Pub

is looking for a new logo
The winner will receive \$500.
For all REASONABLE logos,
you will receive a free cap.

A few points to consider:

- no pictures of back or front of restaurant (too tacky).
- no employees pictures in any form of lewd acts.
- no plagiarism (and no it is not related to voyeurism).
- franchising possibilities (no boats or water).
- you can enter as often as you like.

Contest ends Jan. 31./88.